

The OES Special Education Committee – *We're here to help!*

If you are new to our school and seek additional information about Special Education and wish to establish connections with others; or if you are interested in joining our Special Education Committee, (*all are welcome!*), we encourage you contact our Special Education Liaisons, Andrea Zuppas and Maren Wood at special.education@oaktonpta.net.

FCPS SPECIAL EDUCATION RESOURCES

For information about FCPS Special Education Instruction [CLICK HERE](#).

The Fairfax County Public Schools (FCPS) Parent Resource Center (PRC)

Hours: Monday - Friday, 8:00am – 4:00pm

Address: FCPS Parent Resource Center

Dunn Loring Center for Parent Services, Entrance 1

[2334 Gallows Road, Room 105](#)

[Dunn Loring, Virginia 22027](#)

The Fairfax County Public Schools Parent Resource Center provides resources, information, and consultations to support the success of all students. Confidential consultations and a year-long calendar of workshops are normally offered for parents, educators, and community members. The [Parent Resource Center Lending Library](#) contains over 10,000 books, DVDs, and CDs on topics related to parenting and educating all children including those with learning challenges, mental health concerns, special needs and disabilities. Its library is open for pick-up on Wednesdays and Fridays, by appointment only, from 9:30am – 3:30pm; or you may [CLICK HERE](#) to access eBooks. Follow the PRC on [Twitter](#), [Facebook](#) and tune into its [You Tube Channel](#) to see a selection of recorded workshops. Bookmark the [PRC website](#) to stay up-to-date with future workshops and resources. [Staff](#) is available by phone [703.204.3941](tel:703.204.3941) or email prc@fcps.edu. The following is a complete list of our **October** workshops:

Building Family and School Partnerships for Twice Exceptional (2e) Students K-12

Friday October 6, 2023, 10:00am – 11:30am

When schools and families collaborate, all children succeed. Join Nonye Oladimeji, FCPS Educational Specialist for AAP Twice Exceptional (2e) children as she explores successful ways schools and families can collaborate.

Webinar Highlights:

- How to use your child's strengths and challenges to identify and advocate for their needs
- How to work with your child's school team to develop strategies to help them feel safe while helping them stretch, struggle, and grow.
- How to collaborate with multiple experts to identify activities both in and out of school that build on your child's strengths.
- How to partner with school staff to address your child's social and emotional needs

[Share this event with others.](#)

[Register for Building Family and School Partnerships for Twice Exceptional \(2e\) Students K-12](#)

SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!

Monday, October 9, 2023, 9:00am – 12:00pm, Providence Community Center

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs to:

- Meet other siblings in a relaxed setting.
- Celebrate the many contributions made by brothers and sisters of children with special needs.
- Share sibling experiences and receive peer support.
- Play games and have fun!

Presented by FCPS School Social Work Services

[Share this event with others.](#)

[Register for: SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!](#)

What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them, presented in English

Friday, October 13, 2023, 10:00am –11:30am

Students in grades 11 and 12 will receive drug lessons about substance misuse. Join Tiffany Jones, FCPS Senior Substance Abuse Prevention Specialist as she helps you understand the curriculum and how you might communicate with your child.

Webinar highlights:

- Find out what your children are learning about drugs in the 11th and 12th-grade drug lessons at their schools.
- Prepare yourself to discuss what they are learning in school about substance misuse.
- Gain practice skills to have important conversations about substances

[Share this event with others.](#)

[Register for What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them - presented in English](#)

What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them, presented in Spanish

Friday, October 20, 2023, 10:00am – 11:30am

Students in grades 11 and 12 will receive drug lessons about substance misuse. Join Bryan Villalobos and Diana Vera, FCPS Substance Abuse Prevention Specialists as they help you understand the curriculum and how you might communicate with your child.

Webinar highlights:

- Find out what your children are learning about drugs in the 11th and 12th-grade drug lessons at their schools.
- Prepare yourself to discuss what they are learning in school about substance misuse.
- Gain practice skills to have important conversations about substances

[Share this event with others.](#)

[Register for What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them - presented in Spanish](#)

Coping Strategies for Anxiety, Depression, and Stress: A Two-Part Series

Part 1: October 27, 2023, 10:00am – 11:30am

Part 2: November 10, 2023, 10:00am –11:30am

Join Dr. Erin Berman, a Clinical Psychologist at the National Institute of Mental Health in Bethesda, Maryland for these important sessions helping children cope with anxiety, depression, and stress.

Part 1 Highlights:

- How to identify a child with anxiety or depression
- The science and biological roots of anxiety in children
- Interventions and considerations in dealing with children with anxiety and depression
- Current treatment options (medications & CBT: cognitive behavioral therapy)
- Strategies and tips for supporting your children with anxiety and depression

Part 2 Highlights:

- Identify stress in children of all ages
- Explain common sources of stress
- Provide strategies for lowering stress levels so that all caregivers can benefit

[Part 1 - Share this event with others.](#)

[Part 2 - Share this event with others.](#)

[Register for Coping Strategies for Anxiety, Depression, and Stress: A Two-Part Series](#)

[CLICK HERE](#) to stay informed about future PRC virtual and in person workshops.

Special Education Parent Handbook

The newly updated Special Education Parent Handbook is available online. This manual provides a wealth of information regarding many topics of interest to parents and caregivers of students with disabilities, including Child Find, local screening, evaluations and eligibility for special education and Section 504 services, procedural safeguards/rights, key contacts and resources, and much more. To access the Special Education Parent Handbook [CLICK HERE](#).

The Advisory Committee for Students with Disabilities (ACSD)

The Advisory Committee for Students with Disabilities (ACSD) is a local advisory committee for special education, appointed by each local school board, for the purpose of advising the school board via the division superintendent. The committee meets monthly, and its' purpose is to examine current FCPS practices regarding the communication/dissemination of information to parents related to supports and services provided to students with disabilities; and to make recommendations designed to improve and strengthen the relationship between parents of students with disabilities and FCPS school staff and central office staff.

Next meeting TBA. [CLICK HERE](#) to visit the Advisory Committee for Students with Disabilities website.

Applied Behavior Analysis Program (ABA)

The Applied Behavior Analysis Program of FCPS supports the special education instruction of students with autism and related disorders. Applied Behavior Analysis is a scientific approach to understanding behavior and refers to a set of principles that focus upon how behaviors change, or are affected by the environment, as well as how learning takes place. [CLICK HERE](#) for more about the FCPS ABA Program.

Twice-Exceptional (2e) Handbook

The [Twice-Exceptional \(2e\) Learners Handbook and Resources](#) were developed to provide schools and families with insight and guidance associated with the identification, instruction, and social-emotional wellness of students who are gifted and have learning challenges or disabilities. [CLICK HERE](#) to access the Twice-Exceptional (2e) Handbook.

LOCAL RESOURCES



The Special Education PTA of Fairfax County

<https://fairfaxcountysepta.org/>

<https://www.facebook.com/FairfaxCountySEPTA/>

Empowering and connecting families, students and educators to ensure students with disabilities develop their full potential as individuals and community members. Parents, professionals and educators of students with special education and disability needs have atypical circumstances, challenges and interests. Often, these special educational needs may not be the focus of programs designed for {predominantly} general education students. A Special Education PTA can supplement the educational experience for disabled students, families and professionals to support academic and social success. In addition, it allows for such parents, students and professionals to: (a) Connect with and support one another; (b) fund, sponsor and provide special trainings, workshops and events unique to special education needs; and (d) understand and navigate the special education system and special education and disability rights under the law. The SEPTA does not take the place of a local school PTA nor any other PTA organization. We encourage all SEPTA members to participate in their local PTAs. Participation in your local PTA(s) will provide general PTA and school-based programming and participation opportunities that our county-wide SEPTA may not.

The following SEPTA-recommended resources are FREE unless otherwise noted. Registration required where indicated:

ADHD in Communities of Color: Scrutinizing Barriers to Health Equity, Diagnosis, & Treatment

Tuesday, October 3, 2023, 1:00pm, with replay link

Consider the factors that hamper proper diagnosis and treatment, and gain strategies for improving outcomes. Register: <https://www.additudemag.com/webinar/health-equity-racial-disparities-adhd-diagnosis-treatment/>

Creative Housing Solutions

Tuesday, October 3, 2023, 10:30am

A panel of parents and professionals will present creative solutions for persons with IDD, but without a DD Waiver. Register: https://us06web.zoom.us/webinar/register/WN_HwBtGn7IRb6v9mDjqYbV9g#/registration

Restrained and Secluded: How a Change in Perspective for Students With Disabilities and Simple Science Can Change Everything

Tuesday, October 3, 2023, 1:00pm

A new lens on behavior can reduce and eliminate punitive practices and lead to endless potential. Register: https://thearc-org.zoom.us/webinar/register/8416909883727/WN_MRHjt5h9Q_OafDgfDVOaTO#/registration

Addressing the Mental Health Crisis in Children, Teens, and Young Adults: What Parents and Educators Can Do

Wednesday, October 4, 2023, 7:00pm, via Zoom

Fostering a healthy sense of control at home and in school will be emphasized, and multiple strategies will be covered. Register: https://labschool-org.zoom.us/webinar/register/1016946033178/WN_dWX3tldwRsWFOmIl2gNiSA#/registration

From Referral to Eligibility

Wednesday, October 4, 2023, 6:30pm – 7:30pm

Learn how to initiate a referral and about the other initial stages of special education in Virginia. Register: <https://peatc.us19.list-manage.com/track/click?u=9b5868a79d7b2d88d8732aa3c&id=a3c895f4c9&e=be4d54597a>

Special Education Formed Families: Making It Work

Wednesday, October 4, 2023, 7:00pm – 8:00pm

Learn about special education topics for foster, adoptive, and kinship families. Register:

https://us06web.zoom.us/meeting/register/tZErduiurjwoE9BTJbufX_wjBqSuGmGfl53m#/registration

Special Education Workshop Series

Wednesdays: October 4, 18; November 1, 15; and December 6, 2023, 6:30pm – 7:45pm

Learn about all the major features of the special education process in Virginia. Register for one or more presentations. Register: <https://peatc.us19.list-manage.com/track/click?u=9b5868a79d7b2d88d8732aa3c&id=a3c895f4c9&e=be4d54597a>

Special Topics in Raising Your Challenging Child

Wednesdays beginning October 4 through November 22, 2023, 9:30-10:30 am, \$\$ varies, buffet

Video course plus group discussion on neurodiversity, ADHD, autism, children's violent play, and helping siblings get along.

October 4: Coexisting – ADHD, Anxiety and Autism

October 11: Neurodiversity, Gender and Sexual Variation

October 18: Children and Violent Play

October 25: Helping Siblings Get Along

Register: <https://www.parentchildjourney.com/excursions/>

Meet the Tech for Independent Living Team

Thursday, October 5, 2023, 12:00pm – 1:00pm

Learn of a free service that creates custom apps to help your child with activities of daily living and safety.

Register: <https://us06web.zoom.us/meeting/register/tZMtce6qqD8jHNz6UyPkRgItKT7nmk3ecB6h#/registration>

Creating Future Guidance and Security: Letter of Intent & Long-Term Advocacy Planning

Friday, October 6, 2023, 10:00am – 11:00am

Use this workshop to guide you in documenting all the important information for a Letter of Intent for a loved one. Register: <https://thearcofnovatrust.org/event/fffp-october-6-2023-creating-future-guidance-and-security-letter-of-intent-long-term-advocacy-planning/>

ADHD Resource Fair and Lecture

Saturday, October 7, 2023, 9:30am – 12:30 pm, 120 Cherry St. Vienna

Dr. Stixrud will speak (11:30 am-12:30 pm) on how to nurture a healthy sense of control in kids with ADHD to support their self-motivation. Register: <https://www.eventbrite.com/e/chadd-of-northern-vadcs-2023-in-person-resource-fair-tickets-711692540547?aff=oddtcreator>

Transition University – Self-Paced Course of Five Sessions

Monday October 9 to Thursday, November 30, 2023, with access 24/7

Learn about the many options to maximize your child's independence and quality of life when they age out of school. Register: <https://buytickets.at/peatc/1008973?>

Parents of Challenging Children: Preschool through Early Adolescence

For ten Tuesdays, October 10, 2023, to December 12, 2023, 8:00pm – 9:00pm, \$25-\$350

Includes video course with more than ten hours of content in 3-5 minute videos

This discussion course helps parents to identify the source of their child's challenging behavior and learn what they can do about it. Information: <http://www.parentchildjourney.com/journey/>

When Lack of Motivation Runs in the Family: Getting Kids with ADHD Organized & Focused for Learning
Tuesday, October 10, 2023, 1:00pm

Consider effective strategies for helping parents with ADHD to guide the schoolwork of their children with ADHD. Register: <https://www.additudemag.com/webinar/lack-of-motivation-organization-adhd-students/>

Applied Behavior Analysis (ABA) Overview

Wednesday, October 11, 2023, 10:00am – 11:30am OR 7:00pm – 8:30pm

ABA is used to study a student's problematic behavior and then to shape their future behavior and teach skills. Access: <https://www.fcps.edu/academics/academic-overview/special-education-instruction/applied-behavior-analysis-aba-program>

Communication, Collaboration, and What to Do When You Just Can't Agree

Wednesday, October 11, 2023, 7:00pm – 8:00pm

Learn the specifics about special education dispute resolution options for foster, adoptive, and kinship families. Register: <https://us06web.zoom.us/meeting/register/tZ0vf-CsrjwH9fUAKY-3dslgkasK3tXJ8ms#/registration>

Understanding Special Education

Wednesday, October 11, 2023, 6:30pm – 7:30pm

Learn the steps of the special education process and the importance of both high expectations and the role of parents in that process.

Register: https://us02web.zoom.us/webinar/register/WN_C1cSU1SYQKqNwR2xoedIbg?

From Referral to Eligibility – In Spanish

De la referencia a la elegibilidad

Jueves, 12 de Octubre, 2023, 6:30pm – 7:45pm

Conozca las etapas iniciales de la educación especial en Virginia.

Register: https://us02web.zoom.us/webinar/register/WN_6homjgCPTTr-sCA918T9qnw#/registration

Let's Take a Hike

Saturday, October 14, 2023, 10:00am – 12:00pm, 14050 Dawson Beach Rd., Woodbridge

Adoptive families with children under 12 are invited for a hike at Occoquan Bay Wildlife Refuge.

Register: <https://adoptionsupport.org/event/for-northern-va-families-lets-take-a-hike/>

Morning at the Museum – National Air and Space Museum

Saturday, October 14, 2023, 8:30am – 10:00am, 6th St. & Independence Ave. Washington, DC

Families with students with cognitive or sensory processing disabilities may explore the exhibits and sensory-friendly activities. Register: <https://www.eventbrite.com/e/morning-at-the-museum-at-air-space-tickets-717742987597?aff=oddtcreator>

Morning at the Museum – U. S. Botanical Garden

Sunday, October 15, 8:30-10:00 am, 100 Maryland Ave. SW, Washington, DC

Families with students with cognitive or sensory disabilities may come explore the garden and for sensory-friendly activities. Register: [email family name and number attending to](mailto:email family name and number attending to Maura.Nelson@aoc.gov)

Maura.Nelson@aoc.gov

ADHD in the Workplace: Finding the Fit, the Interface and How to Problem Solve

Tuesday, October 17, 2023, 7:30pm – 9:00pm

A panel of adults with ADHD will share their experiences in the workplace.

Register: <https://www.eventbrite.com/e/adhd-in-the-workplace-career-fit-interface-and-resolution-tickets-711698899567?aff=oddtcreator>

Anatomy of an IEP

Wednesday, October 18, 2023, 6:30pm – 7:45pm

Learn about the sequence and contents of the separate sections of an Individualized Educational Plan.

Register: [https://peatc.us19.list-](https://peatc.us19.list-manage.com/track/click?u=9b5868a79d7b2d88d8732aa3c&id=a3c895f4c9&e=be4d54597a)

[manage.com/track/click?u=9b5868a79d7b2d88d8732aa3c&id=a3c895f4c9&e=be4d54597a](https://peatc.us19.list-manage.com/track/click?u=9b5868a79d7b2d88d8732aa3c&id=a3c895f4c9&e=be4d54597a)

Research Updates: Nutrition and Autism 2023

Wednesday, October 18, 2023, 1:00pm

Learn about the recent research on nutrition and autism.

Register: <https://autism.org/research-updates-nutrition-and-autism-2023/>

Career Cafe: Chatting with Employers about Apprenticeships

Thursday, October 19, 2023, 3:00pm – 4:00pm

Join the Virginia Dept. of Aging and Rehab. Services for an employer chat on careers with registered apprenticeships. Register:

<https://vadars.zoom.us/meeting/register/tZ0sceuopzgvE9EkNDSqNjG4WUad2ppw9KfN#/registration>

RSD Toolkit: Strategies for Managing Your Sensitivities in Real Time

Thursday, October 19, 2023, 1:00pm, with replay link

This webinar for adults with rejection sensitivity dysphoria (RSD) may help you understand your child with ADHD. Register: [https://www.additudemag.com/webinar/emotional-dysregulation-rejection-](https://www.additudemag.com/webinar/emotional-dysregulation-rejection-sensitive-dysphoria-toolkit/)

[sensitive-dysphoria-toolkit/](https://www.additudemag.com/webinar/emotional-dysregulation-rejection-sensitive-dysphoria-toolkit/)

Supported Decision Making: A Tool for Future Supports for People with Disabilities and Families

Thursday, October 19, 2023, 11:00am

Learn what Supported Decision Making is, how to get started, and its value for maintaining autonomy.

Register: https://us06web.zoom.us/webinar/register/WN_IwaJVekCSbqdbXduIQJuTg#/registration

Wrightslaw Special Education Law and Advocacy

Thursday, October 19, 2023, 9:00am – 4:30pm, \$165-\$225, includes 4 books and simultaneous interpretation in Spanish

Learn about special education law, rights and responsibilities; tests and measurements, SMART IEPs; and effective advocacy. Includes 4 books.

Register: <https://www.ppm.org/event/wrightslaw-special-education-law-advocacy-conference>

Building a Growth Mindset for Math – For 4th and 5th graders

Saturday, October 21, 2023, 1:30pm – 3:00pm, The Study Pro, 6849 Old Dominion Dr. #200, McLean, VA

The focus will be on how to use a growth mindset to shift our goal from "get it done fast" to "honor the process". Register: [571.321.5800](tel:571.321.5800)

The Importance of Assessing and Treating Anxiety and Trauma in Understanding ADHD Symptoms

Tuesday, October 24, 2023, 7:30pm – 9:00 pm

Consider how ADHD symptoms can also reflect the impact of underlying anxiety.

Register: <https://www.eventbrite.com/e/assessing-and-treating-anxiety-and-trauma-in-understanding-adhd-symptoms-tickets-711699952717?aff=oddtcreator>

Autism and Anthropomorphism

Wednesday, October 25, 2023, 1:00pm

Consider recent findings suggesting that autistic individuals tend to anthropomorphize more than neurotypical individuals. Register: <https://autism.org/anthropomorphism-and-autism/>

Chat with an Attorney about Special Education

Wednesday, October 25, 2023, 9:00am – 3:30pm

Free 45-minute appointments are available for parents to receive guidance and advice from an attorney on special education topics. Register: <https://form.jotform.com/232527274803153>

Preparing for Emergencies for People with Disabilities

Wednesday, October 25, 2023, 11:00am – 12:00pm

Three agencies will together guide participants in how to create their own emergency plan and toolkit. Register: https://us06web.zoom.us/webinar/register/WN_ltQF2fpfSPOXpZSBI_4CsA#/registration

Suicide Prevention: What Every Parent Needs to Know

Wednesday, October 25, 2023, 6:30pm – 8:00pm, 21000 Education Ct., Ashburn

Register: <https://www.lcps.org/Page/180231>

Youth Mental Health First Aid – Course for Adults

Thursday and Friday, October 26 and 27, 9:00am – 12:30pm, \$25

Learn the risk factors and warning signs of mental health challenges in youth, their potential impact, and how to respond. Register: <https://www.fairfaxcounty.gov/hrcode/ereg/Registration.aspx?groupID=47>

Service Dog Day at the Museum of the Army

Saturday, October 28, 2023, 4:00pm – 6:00pm, 1775 Liberty Dr., Ft. Belvoir VA

A hands-on special educational program and docent led tours will be available in a sensory-friendly environment. Register: <https://tickets.thenmusa.org/Info.aspx?EventID=43>

SEPTA - Recommended Ongoing and On Demand Resources

Access to Success – Online Self-Paced eight-class Course for Students with Disabilities, *use the mp3 files for audio* – High school and college students can learn about their disability rights and how to obtain accommodations in college.

Access: <https://rtcil.ku.edu/ats-home>

Accommodations for Recreational Classes and Camps with Fairfax County Parks – Accommodations include physical accessibility, ASL interpreters, assistive devices, sensitivity training for classmates, and staff training. To request accommodations, email gary.logue@fairfaxcounty.gov or call 703.324.8563.

Adapted Recreation for Kids – Fairfax County Parks

Swimming, gymnastics, ice skating, fitness, park explorers.

Information: <https://www.fairfaxcounty.gov/parks/adapted-programs>

ADHD @ School – Top 10 Hurdles to Learning with ADHD

This 10-part self-guided course equips caregivers and students with effective solutions to the specific academic and behavioral challenges associated with ADHD.

Register: <https://www.additudemag.com/download/adhd-new-school-year-for-parents/>

Advanced Training in Collaborative and Proactive Solutions, \$149

Participants will learn how to use the ALSUP assessment and how to solve problems collaboratively.

Access: <https://vimeo.com/ondemand/2dayjan22>

The Arc@School Advocacy Curriculum, \$99 for 6 months

Build up your special education knowledge, know the law, and learn to advocate for the services and supports your child needs at school. Purchase: <https://thearcatschool.org/advocacy-curriculum/>

Back-to-School ADHD Master Class – Self-Guided Course

This 10-part multimedia course has modules on accommodations, executive functions, behavior challenges, homework, etc. Register: <https://www.additudemag.com/download/adhd-school-master-class-ceus-teachers-parents/>

Broad Futures Paid Internship Programs: Winter 13 weeks, Summer 9 weeks, \$\$ varies; scholarships available – Program designed for neurodivergent high school graduates or rising seniors who are planning on college. Information: <https://broadfutures.org/programs/>

College Partnership Program – For HS Students

This program prepares students with disabilities and other underrepresented groups to enroll and succeed in college. **Contact the student's high school counselor or Lakeyta Smith at 571.423.4413**

Dyslexia & the IEP – How to Make Sure the IEP Is in Tip-Top Shape, \$200, scholarships available, webinar, available 24/7. Access: <https://www.youtube.com/watch?v=frehRL58UTs>

Fairfax County Community Connect

The special needs of individuals, and information about pets and your residence can be included with emergency contacts. <https://www.communityconnect.io/info/va-fairfax-county>

Fairfax County Emergency Health Profiles

Ongoing medical and behavioral health conditions can be included, along with emergency contact information. <https://www.fairfaxcounty.gov/911/emergency-health-profile>

Family Coaching – 8-12 week program

Work weekly one-on-one with a coach to identify individualized goals and create a targeted family plan. Register: <https://a109092.socialsolutionsportal.com/apricot-intake/e8afd273-4daa-4525-a1f1-b8ee33528344>

Gun Violence Prevention Resources

<https://www.fcps.edu/resources/student-safety-and-wellness/gun-violence-prevention-resources>

Get Ready for College – For students in grades 8-12

This 8-lesson course uses videos and practical activities to help students get ready for college. Register: <https://centerontransition.org/courses/getreadycollege/>

Get Ready for Independent Living –For students in grades 8-12

This 4-part course uses videos and practical activities to develop knowledge and skills for independent living. Register: <https://centerontransition.org/courses/getreadyindependentliving/>

NAMI Basics

This six-session course is for adults who provide care for youth, (ages 22 and younger), who are experiencing mental health symptoms (including ADHD and ASD).

Register: <https://www.nami.org/Videos/NAMI-Basics-OnDemand>

The Parent Playbook

Nine module online course on autism, from the VCU Autism Center for Excellence & Virginia Autism Council. An introduction on autism spectrum disorder for families, including tips for caregivers, characteristics, interventions and recommended programs and services.

Access: https://vcuautismcenter.org/te/courses/parent_playbook.cfm

Scholarships for Classes with Fairfax County Parks, \$15 registration fee

Children of families that receive public assistance, (i.e., Medicaid, free school lunch, SNAP, TANF), are eligible to take one set of classes per quarter. Information: <https://www.fairfaxcounty.gov/parks/scholarships>

Special Education Complaint Toolkit – by PEATC

Detailed information on why, when, and how to file a complaint is included along with interactive forms. Read before the need! Access: <https://peatc.org/wp-content/uploads/2023/01/Complaint-Toolkit-Interactive.pdf>

Special Education Mediation Toolkit – New Resource

Learn why, when, and how to pursue mediation to resolve a disagreement with your school division. Includes preparation forms.

Access: <https://peatc.org/wp-content/uploads/2023/02/Mediation-Toolkit.pdf>

VDOE Special Education Parent Involvement Survey

Reflect on your experiences during the past school year and provide feedback to improve the system.

Access survey: <https://www.surveymonkey.com/r/H92X3V3>

Wrightslaw Special Education Law and Advocacy Training, \$50-\$90

Learn about special education law, rights and responsibilities; tests to measure progress and regression; SMART IEPs; and strategies for effective advocacy.

Info: <https://www.wrightslaw.com/webex/law.adv.index.htm>

SEPTA – Recommended Community Support Groups for Parents

Groups listed below are open to newcomers and are free of charge, except where indicated. Diagnoses are not required for participation and confidentiality is respected. Participants are typically provided with the opportunity to share their experiences; and then, in turn, seek guidance and support from group members regarding both community and school resources.

AAC Parent Group – Meets occasionally on Saturdays. Contact: Amanda, amandam@skillbuildersllc.com or 703.941.7757, ext. 316

African American Culturally Focused Virtual Parent Café – Meets Thursdays, 6:00pm-7:30pm. Register at least 24 hours in advance by email at BuildingStrongerFamilies@fairfaxcounty.gov or 703.324.7720.

Alpha Moms – Meets monthly in McLean. Support group for adoptive parents. Contact: robin4brady@gmail.com

Arlington Epilepsy Support Group – A list-serve, can be accessed at arlepilepsy@googlegroups.com.

Autism Dads – Meets monthly. Contact: George Buzby at 571.419.1257 or gbuzby@aol.com

Autism Society of Northern Virginia Virtual Parents and Caregivers Group – Meets second Wednesday, monthly, 7:00pm-8:00pm, via Zoom at <https://us02web.zoom.us/j/9466001682#success> Meeting ID: 946600168, one tap mobile 301.715.8592

Autism Society of NoVA padres y proveedores de cuidado del grupo de apoyo en español se reúne el segundo sábado de cada mes de 1:00pm a 2:00pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a director@asnv.org.

Business Networking Event for Special Needs Parents – Meets alternate Fridays, 9:00am-10:30am, *via Zoom*. Connect with fellow special needs parents and business owners, build your referral network, and share best practices. Contact: <https://thearcofloudoun.org/networking/>

Cafés Virtuales Para Padres – Miércoles de 7:00pm-8:30 pm. Registrarse con al menos veinticuatro horas de anticipación: BuildingStrongerFamilies@fairfaxcounty.gov o 703.324.7720

CHADD – Children and Adults with Attention Deficit/Hyperactivity Disorder

- **Alexandria CHADD Parent Support Group** – Meets fourth Monday, monthly, 6:30pm. Contact Alyssa at ADHDParentMountVernon@gmail.com or call 303.903.9972.
- **Loudoun County CHADD Parent Support** – Meets third Tuesday, monthly, in Sterling. Contact Bonnie Little at 571.306.2932 or on Facebook [@loudounahdhsupport](https://www.facebook.com/loudounahdhsupport).
- **West Fairfax/Burke CHADD Parent Support Group** – Meets first and third Thursday, monthly, 8:00 pm. Contact Cathy at ocgreulich@aol.com.

D.A.D.S. – Dads Appreciating Down Syndrome – Meets third Tuesday, monthly, from 7:00pm-9:00pm, *via Zoom*. Contact George Buzby at gbuzby@aol.com or call 703.545.6089

Dr. Dan's Support Group for Parents Raising Challenging Children –

Meets Monday, 1:00pm-2:00pm, *via Zoom*. Register:

<http://survey.constantcontact.com/survey/a07eh2rnzqrk9vdghmb/a0179kbgrhj1/questions>

El Grupo de Apoyo ASNV Para Padres y Cuidadores en Español –

Se reúne el segundo sábado de cada mes de 1 a 2 pm en ServiceSource, 10467 White Granite Dr. Oakton. Estacione en la parte de atrás. Para obtener más información, envíe un correo electrónico a info@asnv.org

Embark in the DC Metro Parent Support Group –

Meets virtually, alternate Thursdays, 12:00pm – 1:00pm. For parents of children and youth with mental health challenges. Register: <https://www.embarkbh.com/event/dc-metro-virtual-parent-support-group/>

Fairfax Juvenile Court Parent Support Group – For problems including runaway behavior, truancy and serious behavioral problems at home, school, or in the community. Sign up for phone consultation at <https://www.signupgenius.com/go/10c0a44abab29abf85-juvenile>.

Family F.I.R.S.T. Fridays Autism Support Group – Meets first Friday, monthly, 12:00pm -12:45pm, at Gum Spring Library 24600 Millstream Drive, Stone Ridge, Virginia, 20105.

Contact: <https://library.loudoun.gov/GumSpring>

Formed Families Together – Virtual support group meets first Sunday, monthly. In-person support group meets third Wednesday, monthly. Consists of peer support groups for adoptive, kinship, foster caregivers and parents. Register: <https://www.eventbrite.com/e/formed-families-together-support-groups-tickets-147657582805>

Foster the Family Support Group – Meets third Monday, monthly, 6:30pm-8:00pm, in Falls Church. Childcare is provided. Register: <https://www.fosterthefamilydc.org/supportgroups>

Grupo de apoyo para madres: De habla hispana de niños con autismo se reúne mensualmente en línea y está patrocinado por Johns Hopkins Medical Center. Contacto: mariposas.autismo@gmail.com

Grupo de educación y apoyo a padres – En Española se reúne el cuarto sábado de cada mes, de 10:00am a 11:00am en Zoom en <https://us02web.zoom.us/j/9466001682>, ID de reunión: 946 600 1682

Hablemos Educación Especial – Es un grupo de discusión de padres de habla hispana y de un estudiante autista. Se reúnen virtualmente el primer Miércoles de cada mes de 7:00pm-7:45pm.

Registrarse: <https://xminds.org/event-4522635>

Heads Up and Talk It Out – Teen and Parent Recovery Groups – Meets Thursday, weekly, 6:00pm-7:00pm. Concurrent virtual groups for teens, (ages 14-17), who are working through emotional, mental health or substance use challenges. Info: <https://www.fairfaxcounty.gov/community-services-board/recovery/heads-up-talk-it-out>

Infinity ABA Parent Connect – Meets online on the 2nd Thursday monthly, 7:00pm-8:30pm. For families with an child with autism, Guest speakers, discussions, and resources.

Register: <https://www.infinityaba.com/events/>

Kinship Café – Meets second Wednesday, monthly, 6:30pm-8:00pm. For those raising children of friends or relatives. Contact: BuildingStrongerFamilies@fairfaxcounty.gov or call 703.324.7720.

Military Families Support Group – Meets first Tuesday, monthly, 7:00pm-8:00pm. For military families with disabled dependents. Access: <https://us02web.zoom.us/j/9466001682#success> OR Email director@asnv.org for details

NAMI Family Support Group – Meets first and third Wednesdays, monthly, on Zoom. For parents of children living with mental health challenges including ADHD, ASD, etc.

<https://zoom.us/j/94509229914>

NAMI: National Alliance on Mental Illness – Meets Sundays, bi-monthly, 7:00pm-8:30pm. Arlington Parent Support Group to build better lives for affected families. Contact Michelle Best at mczero@yahoo.com

NAMI Parent & Caregiver Support Group – Meets fourth Thursday, monthly. Email namicva.org or call 804.285.1749

NOVA Adopt Friends Parent Peer Support Group – Meets third Thursday, monthly, 6:00pm–7:30pm via Zoom. For adoptive parents. <https://us06web.zoom.us/j/5687947368>

OCD Family Support Group – Meets first Monday, monthly, 7:30pm. Contact: ela.mike@verizon.net or call 202.215.5859

Parents of Autistic Children (POAC-NOVA) Parent Support Group – Meets occasional Saturdays. Contact: Brianne Russel-Morris administrator@poac-nova.org

Parent Café (for all Fairfax County parents and guardians) – Meets Monday, weekly, via Zoom in English, 7:45pm-9:15 pm. Meets en Español, Miércoles, 7:00pm–8:30pm. Register at least 24 hours in advance via email at buildingstrongerfamilies@fairfaxcounty.gov or 703.324.7720

People of the Global Majority – Meets virtually, monthly, first Monday, 7:00pm-7:45pm. A discussion group for BIPOC parents of children with autism. Register: <https://xminds.org/event-4534279>

REACH Parent Support Group – Meets monthly to support parents of individuals with developmental disabilities who also have mental health or behavioral issues. Contact: Dr. Pourmand at mojgan.pourmand@eastersealsucp.com

Small Steps Together – Meets virtually, monthly, fourth Monday, 7:00pm-7:45pm. Discussion group for parents of preschool and elementary children with autism. Register: <https://xminds.org/event-4778134>

Virginia Family Network Book Club – Meets monthly to discuss books selected for their value to parents and caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Coffee Chat and Self-Care – meets monthly, third Thursday, 9:00am – 10:30am to connect and to discuss self-care journeys. Contact Nicole Anjum at nanjum@namivirginia.org

Virginia Family Network Parent Meetup – Meets first and third Fridays, 8:00pm. For parents/caregivers of children with mental health challenges. Contact Nicole Anjum at nanjum@namivirginia.org

[CLICK HERE](#) and scroll down to view SEPTA's complete list of upcoming events.

ADDITIONAL RESOURCES

The Arc of Northern Virginia

<https://thearcofnova.org>

The Arc of Northern Virginia is a local chapter of the largest non-profit organization supporting thousands of people with intellectual and developmental disabilities (ID/DD) and their families. Our service area includes the cities of Alexandria, Fairfax and Falls Church, as well as Arlington and Fairfax Counties. We are a small, grassroots, 501(c)(3) non-profit organization governed by a local volunteer board of directors. [CLICK HERE](#) to learn more about the Arc of Northern Virginia.

Autism Society of America

www.autism-society.org

The Autism Society of America's goal is to increase public awareness about autism and the day-to-day issues faced by people with autism as well as their families and the professionals with whom they interact. [CLICK HERE](#) to learn more about the Autism Society of America in Northern Virginia.

Autism Speaks, Inc.

www.autismspeaks.org

Autism Speaks, Inc., is the largest autism advocacy organization in the United States. It sponsors autism research and conducts awareness and outreach activities aimed at families, government and the public. [CLICK HERE](#) to learn more about Autism Speaks, Inc., in the National Capital region.

Best Buddies International

www.bestbuddies.org

State Headquarters – 6231 Leesburg Pike, Suite 310, Falls Church, VA 22044, 703.533.9420
Best Buddies is the world's largest organization dedicated to ending the social, physical and economic isolation of the 200 million people with Intellectual and developmental disabilities (IDD). This vibrant organization has grown from one original chapter to nearly 2,900 chapters worldwide, positively impacting the lives of over 1.25 million people with and without IDD. Best Buddies programs engage participants in each of the 50 states and in 54 countries around the world. [CLICK HERE](#) to learn more about Best Buddies in the National Capital region.

The Kennedy Krieger Institute

www.kennedykrieger.org

Located in Baltimore, Maryland, Kennedy Krieger Institute is an internationally recognized institution dedicated to improving the lives of children and young adults with pediatric developmental disabilities and disorders of the brain, spinal cord and musculoskeletal system, through patient care, special education, research, and professional training. [CLICK HERE](#) to learn more about the Kennedy Krieger Institute.

The Parent Educational Advocacy Training Center

<https://peatc.org>

The Parent Educational Advocacy Training Center builds positive futures for Virginia's children by working collaboratively with families, schools and communities to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We do this by providing services and support for families and professionals; easy-to-understand, research-based information and training; and opportunities for strategic partnerships and advocacy for systemic improvement. [CLICK HERE](#) to learn more about the Parent Educational Advocacy Training Center.